MEAL PLANNING GUIDELINES FOR ELIMINATION DIETS FOR CHILDREN AGES 1-3

(The guidelines below are recommended ranges. Always follow the instructions of the child’s dietitian for specific guidelines to meet the child’s nutritional needs. If you suspect some of the foods within these guidelines are not allowed in the child’s diet, please consult with the child’s allergist or dietitian.)

<table>
<thead>
<tr>
<th>FOOD GROUPS</th>
<th>Serving Amount Needed per day</th>
<th>EXAMPLES &amp; SERVING SIZES</th>
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</table>
| **Breads, Grains, & Cereals**<br>6-10 of these choices<br>Choose whole grains more often | | Chose whole grains or products made from the following:  
Amaranth, arrowroot, buckwheat, cassava, millet, quinoa, sorghum, tapioca, teff,  
If allowed: barley, corn, oats, rice, rye  
Bread, tortilla, roll, muffin, pancake, waffle – ½  
Dry cereal – ½ cup  
Noodles, cooked cereal – ¼ cup  
Crackers – 3 small |
| **Proteins**<br>2-4 of these choices | Animal protein (if allowed):  
Meat, chicken, turkey – 1 ounce (2 rounded Tablespoons)  
Vegetable protein:  
Cooked beans, peas, lentils (if allowed) – ¼ cup  
Seed butter – 1 Tablespoon  
Elemental formula:  
Elecare Jr, Neocate Junior, – ½ cup  
Neocate Nutra – ¼ cup |
| **Milk Alternative**<br>4 of these choices | Calcium enriched coconut, hemp, oat, potato or rice milk (if allowed) – ½ cup  
Elemental formula: Elecare Jr, Neocate Junior – ½ cup  
If these are not accepted, a calcium supplement may be recommended |
| **Vegetables**<br>1 – 1 ½ cups | Asparagus, beets, bell peppers, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, leafy greens, mushrooms, onions, squash, string beans, sweet potato  
If allowed: beans, corn, peas, potato  
Cooked or raw – ¼- ½ cup  
Choose a variety of colors each day. |
| **Fruits**<br>1 – 1 ½ cups | Apples, apricots, avocado, bananas, berries, grapes, kiwi, oranges, mango, melons, nectarines, papaya, peaches, pears, pineapple, plums  
Fresh, frozen or canned – ¼ - ½ cup  
Juice – limit to ½ cup per day |
| **Oils**<br>3 – 4 teaspoons | Canola, olive, safflower, vegetable |